



READ MY BOOK:

How to form lasting habits to create a happy life **P. 2**

ON THE SCENE:

The opening reception of Joe Fafard's Mes Amis exhibition **P. 10**

FASHION:

Pooches in sweaters and booties during the last days of winter **P. 12**



WHAT'S SO FUNNY?

PASS THE HAT PUTS THE SHOW
IN BUSINESS FOR DANE IMRIE **P. 5**

FREE

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

JENNIFER SPARKS

Happy on Purpose: Learn how to choose to be happy

We all struggle. I believe it helps to be motivated that our personal struggles can enhance our lives as we move forward.

In my latest book, *Happy on Purpose*, I share with readers the habits I practice to maintain my happiness even when the chips are down. And they have been down. Like you, I live a stressful life but when I started to hit the danger zone, I knew I needed to invest in some personal development to learn how to manage my life. At one point, just keeping up with my daily obligations was enough to turn me into survival mode and I was as very down with that.

I wanted a chance to enrich my life. I wanted to create a life that had my kids and I thriving and hap-

py. I wanted a home filled with love, conversation and laughter. I wanted to feel healthy and strong. I wanted to be happy even when things were not going that well.

My journey has been a long one but I, *Jennifer Sparks*, have paid attention. I believe that what I have learned can help people who struggle to realize it all. I share the initial part of my journey in my first book, *WTF to OMG: The Frustrated Female's Guide to Creating a Life You Love*. But as I worked with coaching clients and asked them what they wanted, re-



very single person's answer was reduced to one simple desire: "I just want to be happy."

In *Happy on Purpose*, I share the findings of recent research that states that 40 per cent of our happiness is within OUR power to change.

The next question is, "How do I choose to be happy?" Don't worry because this is where I share with my readers what habits created my own practice of happiness. Action is required, you can't sit back and expect happiness to walk into your life. You must create it by deciding how you

will perceive the world.

Being happy on purpose is about making a conscious decision to not moment to move toward happiness. It is about creating your experience and being open to the beauty, joy and abundance that already exists in your life.

Jennifer Sparks is a teacher, certified personal trainer and lifestyle coach. *Ironman triathlete* and *single mother*. For more information, visit www.happyonpurpose.com.

Books are available locally at McNally Robinson and d'Arch by Tish Cogh in Saskatoon, Just For You Day Spa (Saskatoon and Regina), Prairie Chicque Gifts (Saskatoon airport), and online at Amazon and Indigo.



BOOK REVIEW
by Jennifer Sparks

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The original RCA Victor cover for Rodney Dangerfield's 1983 single "Rappin' Rodney" which Dangerfield announced for this QIC cover. Dangerfield said he would do the photo if he could get 10 reviews. He got nearly 25 reviews already after.

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Scarf a 10-year-old beaver hound collar comes in one of a few of the dogs showing off their winter fashion in the last state days of the season. QC PHOTO BY MICHAEL BELS

QC COVER PHOTO BY BRYAN SCHLOSSER

QC is published by the Leader Post — a division of Postmedia Network Inc. — at 1944 Park St. Regina, Sask. S4N 3G4.

Headline/Personnel is editor John Sharp is associate editor.

For advertising inquiries contact 381-6221; editorial 1-855-688-6557; home delivery 381-6202.

Hours of operation are Monday to Friday 9:30 a.m. to 4:30 p.m.
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IN THE CITY

MARCH 29, 2015 — 1:47 P.M.

Dancing in the dark



Priscilla Solheim performs in *Caribow*, part of *House of Danes* (and at New Dance House), performance space in Regina. GP PHOTO BY MICHAEL HILL.

ON THE COVER

I don't think my goal is to turn *Pass the Hat* into a weekly show on the Comedy Network. It's mostly to just have fun — *Dane Iltis*

STILL STANDING UP

How *Pass the Hat* became a comedic institution



Dane Iltis performs at *Pass the Hat*, Montreal's longest-running amateur comedy show at The Club in the Cultural Exchange. QC PHOTO BY ERIN W. SCHLOSSER

By Austin M. Davis

Dane Iltis is standing on the back corner of a narrow room, counting small bills and loose change out of a baseball hat while describing his role as showmaster of *Reginald's* in performing amateur comedy show, *Pass the Hat*.

He would like to describe himself as the show's Lorne Michaels: the creator/guru of Saturday Night Live. But Lorne Michaels likely

wouldn't describe one of his duties as "chief track wrangler." And *Pass the Hat* is not SNL.

"It's more like I'm *Reginald the Frog of the Muppet Show*," Iltis says, showing a smile both bashful and macho.

His part runs the show to start and all he wants is for people to be happy. He just can't get the show started. There are people booing. There are people in the stands who are taking things. That's how it is."

If that's the case, Iltis's not finding it hard being green. He says it's "apartly fulfilling making things happen for other people."

This particular show on a Saturday in late February was considered a success. Iltis closed the show with 36 solid minutes. The audience was receptive — the 15-year-old girl and her dad in the front row didn't walk out — and the 10 other comedians on the bill were sharp, unique and didn't overstay their welcome.

Iltis finishes counting the money: \$225 in bills, plus change. Nine of that ends up in pockets of the three comedians who left before he finished counting. Iltis used to try to chase people down. Now he doesn't.

There's no cover charge for *Pass the Hat* at The Club (the sale room attached to the Cultural Exchange on English Avenue). Money is collected at the end of the show by — you guessed it — passing a hat.

The monthly show gets called

every thing by many people. This time, Iltis calls it a Marxist collective. Every comedian who performs, whether they're a first timer, local, opener or closer, all get the same cut — as long as they wait for the count.

Even when the show is a rare year-old institution, much or comedy is not glamorous.

"I like making strangers laugh and taking their pocket money," he

he says.

Continued on Page 6

I think that's partly why it still happens, to be honest, because that space is pretty conducive to what's going on there. It's such a low-stakes game, it's like everyone can play — Graeme Zirk

house, 38, has five years of experience telling jokes onstage and more than three years as *Past the Bedlam* director/producer/host/promoter. He's the third showrunner since the first assembly show at The Club was modestly booked by Graeme Zirk in October 2006. The show date is here, so all deal with it, even the occasional average that first night didn't make it would be a regret occurrence.

Besides the location, the first shows hardly resemble the current *Past the Bedlam* nights. Somebody was collecting money at the door, there wasn't a designated host and some of the banding, comics in still regularly performing in Regime, Zirk included.

Some of his friends were writing jokes, but there was no venue for an attempt to perform. Around that time his mainline friends were looking up at The Club.

You could use that space for comedy or you could use it for a serious dance-punked. It's so like a game, Zirk says over the phone from his home in Vancouver. "I think that's partly why it still happens, to be honest, because that space is pretty conducive to what's going on there. It's such a low-stakes game, it's like everyone can play."

His only became the organizer because nobody else would take on the responsibility. He says he didn't know what he was doing and sometimes ended up in the uncomfortable position of having to answer for the silly jokes of his friends.

Zirk describes those early shows as "brave" — the best-attended since he ever saw it was new and people were curious. Performers' parents would bring their friends. The Club would run out of liquor and people were turned away at the door because the room was full.

But the show's novelty date last night was like any new staff. The material wasn't strong and nobody really knew what they were doing. Zirk says, explaining the steep drop in attendance.

Zirk and the show persevered as *Past the Bedlam* like he passed the show on to Mike Mitchell, who was a com-



A group of *Past the Bedlam* producers at the Club at the Exchange in 2007. (Left to right standing) Phil Smith, Steve Boulder, Nick Watson, Mike Taylor and Garrett Quinlan. (Sitting) Graeme Zirk, Steve Boulder and Ben Jurewicz. QC PHOTO BY BOB WICK.

petition of the University of Regina's first time telling jokes onstage in 2006.

"I felt like I had peaked and had got way too close to it," Zirk says.

"Don and I became good friends after I got comfortable with the idea that he's funnier and more talented than I am."

Passing the torch was essential to the show's continued success, Zirk believes.

Mitchell, who met his wife through Regina's comedy scene, ran *Past the Bedlam* from 2008 until he moved to Toronto in late 2011. At the beginning of Mitchell's tenure, the show stopped taking money at the door

and adopted its new name.

He breaks the tradition of performing while the sounds of "Cher's 'I'm a Realistic Girl'" blast through the walls of The Exchange — and saving to cash or out visiting businessmen looking for a strip club.

It's not that much work, but there are lots of tweets and turns you have

to deal with," Mitchell says over the phone from his home in Toronto. "It's trying to figure out how to schedule and keep people happy. It's not hard. It's not dragging drinks or anything like that. It's something that some people might not want to do, which is totally reasonable."

Continued on Page 8

I had to give it to a capable, wonderful person to take care of because I was guarding it like a child. I loved that show, and when I left, I wanted to make sure it was with someone who would treat it right — Dan MacRae

MacRae and Zerk both praise the amateur-comedian community: the show featured, mostly made up of thirty friends or funny people who would soon become friends. Innu was of the former category and was an easy choice as MacRae's successor.

Both of the former showrunners have high praise for Innu, saying he has taken the show to new heights.

"I had to give it to a capable, wonderful person to take care of, because I was guarding it like a child," MacRae says. "I loved that show and when I left, I wanted to make sure it was with someone who would treat it right."

Like most comics, Innu's vivacious personality has led him to new heights. He finally calls it the worst job he's ever done — and the one he can't let go of.

"It was total silence," Innu recalls. "It was basically me being awkward. I literally apologized to the crowd at the end of my set where I was like, 'Sorry folks' and then there were pity claps. I realized it was like the worst thing I did so horrible that I was like, 'I can't let this be the last time I do it.'"

Five years later he says he has a bigger career success rate.

"It's not good job, but I feel like it has taken a couple of years for me to get comfortable enough and a couple of years to find my voice. I feel like a couple of years from now I'll be good," Innu says.

Comedian never stop bombing optically, but the last way to make sure you get eaten alive by an audience is to feel confident before a show.

In January Innu bombed his long, set paying gig and, for the first time, had no butterflies in his stomach. He had a 20-minute set until the headlining comic told him to do an extra 10 minutes. His audience was still laughing, but his face was sad.

"You do the typical 'hey who wants to be here tonight?' And they're ready for some comedy." And there was a loud "No, not me," from the front crowd, Innu recalls.



Josh Wiggins at *The Hat*, where it can be difficult to get a laugh out of the crowd (go photo by Silvia Boscato)

The biggest cheer Innu got during that set was when he announced he was done.

In his retelling of the story, this show was also the single worst set he has ever done.

Innu says it's those kind of experiences that make him think: "I shouldn't do comedy ever again. I should leave down. The exchange and it should become a hell farmer and that's going to be my new life."

The Hat hasn't been the only miserable comedy night for Innu, but the show has a special

reputation for fostering experienced, but underdog, B&B, the crowd can be ungrateful for comics working on new jokes.

Thurs. Warren noted, until after she had done multiple shows at three different venues before stepping onstage at *The Club*.

"I didn't want to do *The Hat* until I felt like I was ready for doing seven or eight minutes, on a kind of local set," Warren says. "I did not want to go on Innu's stage and let him down."

She now has over two years of experience and gets booked for corporate gigs. One of the comedy nights she played while starting out

was the now-extinct Comedy Grand at Golden's Nightclub, founded by Sharon Koch in February 2010.

She was motivated by a lack of regular shows in the city but never had any bad blood with *The Hat*. The Comedy Grand met its demise, and after four years, but Koch continues to tell jokes at venues around the city, including *The Club*. After 10 years of performing, he tells *The Hat* has become an annual event show to play.

"It's a different type of crowd, man," Koch says. "It seems to be that most of the time with other acts, underdog acts and whoever else in the scene. It's not easy to get

laughter from these people. You've got to be funny if you can get the *The Hat* crowd to laugh, you're doing well."

The weekly underground nature of the audience has created a tight bond between the city's comics. "These guys are my family," Koch says.

While he admits the Comedy Grand ran its course, he believes there's still a need for *The Hat* after nine years. He says it's the perfect place for young comics to develop their skills. He mentions the first time he walked onstage and bombed. Koch didn't think there would ever perform again.

ON THE SCENE

JOE FAFARD'S MES AMIS EXHIBITION

The work of Saskatchewan's own Joe Fafard — one of Canada's leading professional visual artists — was celebrated March 26 at the opening of his Mes Amis exhibition at Regan's State Fine Art Gallery.

The opening reception attracted collectors and admirers of Fafard's bronze sculptures and etchings.

The Mes Amis exhibition, which runs until April 29, features bronze portraits of the nationally and internationally acclaimed artist's friends, "real and imagined." They include family members, a former prime minister of Canada, and fellow artists past and present.

All of the artwork on display is for sale, with prices ranging from \$1,200 for prints to \$60,000 for a celebrated bronze sculpture of 20th-century Canadian modernist painter Emily Carr.

1. Christine & Don Heenan

2. James Sather looks over Pierre

3. Andrew Wagner (from left): Michelle Hunter and Paul Paschke

4. Northwest Coast carver Dennis Bob (left) with Joe Fafard

5. Joe Fafard (left) with Joan Browne

6. Gino Fafard

7. Joe Fafard with his prize Santa Rosa

8. Lloyd Benne

9. Dennis Smith, Candy Williams, Oliva Rosera and Gabriel Garcia Luna

10. Burns Heenan and Andres Moroso

11. Miwa Grandjean (from left), Judith Silverthorne and Tracy Hanson

QC PHOTOS BY MICHAEL BELL



ON THE SCENE



WORSHIP SERVICES

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ST. MATTHEW'S ANGLICAN
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Mon. April 1st 8:30 am
Mon. April 2nd 7 p.m.
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7:30 p.m. Bible Study
Prayer: 7:30 p.m. Youth Night
Pray, April 1st and 2nd 7:30 p.m. at 10 p.m.
Sunday April 7th Easter Festival 10:30 a.m.

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Holy Communion
Prayer: Bishop Bill Hendrick

Good Friday April 5
12 noon
Lent Festival: Reflections of the Cross: Holy Communion
Prayer: Archbishop Del Rossini

Easter Day April 7
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Holy Eucharist
Prayer: Dean Michael Gaskin

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April 7, 10:30 a.m.

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Caretaker: Robert A. Kiehn
Director of Music: Neil Gordon

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436-6246

Monday Thursday Service - April 4 & 7 p.m.
Holy Communion

Good Friday Service - April 5th 10:30 a.m.
Easter Sunday - April 7th 10:30 a.m.

Website: www.broadway.ca

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Ministry Team

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Easter Sunday Service April 7 at 10:30 am

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FASHION

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#SASKATCHEWAN FASHION

Winter dog fashion

By Michelle Berg

As winter winds down, these four dogs got out for a walk on the last snowy days of the season. With the help of their owners dressing them in sweaters and booties, the small dogs are able to stretch their legs and frolic in the snow while looking cute and staying warm.

1. Sissy is a 10-year-old blue heeler border collie cross. Her red and black plaid sweater is from Home Sense. Sissy's owner adopted Sissy when she was two years old. Foster likes to dress Sissy in various Halloween costumes like Gene Simmons, Justin Bieber and even a mermaid. Sissy also has a pair of booties — which she hates to wear — as well as some pretty bows. When she's a good girl, she gets a treat out of Pictou.



Sissy is a 10-year-old blue heeler border collie cross.

2. Rocky the Chihuahua stays warm in his sweater from Wetters at the off-leash dog park on the south end of Broadway Avenue in Saskatoon. He has a few other sweaters at home from Walmart. "He is from Mexico after all. I need to acclimate the poor thing," says his owner.



Rocky the Chihuahua

3. Shon Elbert's dog Dook is a two-year-old West Highland white terrier named after a Keweenaw cartoon character. His sweater is a hand-knit down from Elbert's old family dog who passed away. The booties are from a vendor at the Saskatoon Farmers' Market. Elbert also has a bandana which he's saving for his birthday. He goes for walks twice a day no matter how cold it is in the booties and sweater or a vest. "He doesn't love the booties, but once he's outside he forgets they're on and just enjoys romping around in the snow," explains Elbert. The knee collar is from the "doo!"



Dook is a West Highland white terrier.

4. Wilf the Chihuahua/dachshund mix stays warm at the off-leash dog park in his hand-knit organic wool sweater from Earthy. He has another sweater that a friend made for him. He always wears his red bandana from Europe. "I call his (sweater) attitude," says his owner Michelle. She never thought she would dress up her dog but Wilf is also small enough from California so she needs to acclimate the pup.



Wilf the Chihuahua/dachshund mix

QC PHOTOS BY MICHELLE BERG

EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com

MUSIC

Wednesday, April 3

Wednesday Night Folk: Bach Atkinson
Bushwacker, 2206 Dewdney

The Alley Omega
Leopold's, 2330 Albert St.

Oscar Lopez
Artful Dodger, 1631 19th Ave.

Thursday, April 4

Live music
Fat Bedpost, 1652 Scotch St.

Queen City Rocks
The Wolf battle of the bands grand finale. The Exchange, 2431 Eighth Ave.

Thrill Degree Blitz
The Pump, 641 Victoria Ave E.

Friday, April 5

Weekly Drum Circle
Instruments provided 7:30-9 p.m., The Living Spirit Centre, 3028 Dean Dr.

Coldest Night of the Year, Karpisize Bros, Eden the Cat
Crawdaddy, 1941 Scotch St.

Thrill Degree Blitz
The Pump, 641 Victoria Ave E.

Saturday, April 6

Live music
Hootenilly-Errol Kinshtine, Every Saturday, 4-6 p.m. The Sip, 206 Albert St.

Open Assembly Jam
3:30-6 p.m. Broadway's Lounge, 1207 Broadway Ave.

Part Nails
The Exchange, 2431 Eighth Ave.

Thrill Degree Blitz
The Pump, 641 Victoria Ave E.

Sunday, April 7

Open Jam



Michelle Mission will be at First Place on Tuesday. ©Tina Watters/Red Hot Photo

Every Sunday 3-6 p.m.
Majic Club, 639 Victoria Ave.

OK Vancouver DJ, KMMV, Hello Lady, Sad Commands
The Exchange, 2431 Eighth Ave.

Monday, April 8

Monday Night Jazz & Blues: Round Midnight
Bushwacker, 2206 Dewdney

U of S Concert Band and Wind Ensemble Something New and Something Old
7:30 p.m. U of S Student Centre University Theatre

Tuesday, April 9

Marilise Monsean
April 9th Building, Evans Place

U of S Orchestra
Beethoven's Masterworks

6 p.m. U of S Riddell Centre University Theatre

Karaoke
McNelly's, 2206 Dewdney Ave.

VISUAL ART

Material Girls
Works by 24 female artists of different ages, from a variety of disciplines and cultural backgrounds, using both traditional and new media overlaid the scenes with bright colours and decorative motifs. Until April 5. Dundas Central Gallery, 2311-2319 Ave.

Persons of Interest
Is this moment public or private? Recorded or unrecorded? Intimate or anonymous? More than ever, how we see ourselves is inseparable from

how we are being seen. Art by Vancouver artist Ann Lum. Until April 5. Moxley Art Gallery, 3475 Albert St.

Light Passing: Through Glass
Michael Smith photographs, depicting a highly technical and imaginative pursuit of light reflection through coloured glass marbles. Until April 15. Hagan Gallery, Creative City Centre, 1843 Hamilton St.

Erin Ross: Hold Steady
Until April 17. Cambria Gallery, 2368 Smith St.

Muriela Celis: Patterns of Excitation
Until April 18. Mats Gallery, 106-3392 Errol St.

Moving Forward, Never Forgetting
This exhibition creates a

space for intercultural dialogue and storytelling, encouraging sharing, empathy and deeper understanding of what it means for Indigenous and non-Indigenous peoples to co-exist in these territories. Until April 25. Moxley Art Gallery, 3475 Albert St.

Vivica Middleton: Joy is just
making things with a really strong sense of purpose. An immersive installation by Montreal-based artist Vivica Middleton. An ongoing marriage of materials and process,

Middleton's practice incorporates castoffs and debris from consumer culture: organic elements, byproducts from studio productions and utilitarian building and craft supplies. Until April 22. Dunlop Art Gallery - Sherwood Village Branch, 6131 Rockdale Blvd.

Quelinko
Susan Bodo and Evan Tyler's two-person show of performative photography. Both artists use dense arrangements, which they arrange as actors in drama that each directs and then visually records. Until April 24, 9 a.m.-5 p.m. Monday to Friday. U of S University Club, College West room 210.

Annual Salon Show
Until April 25
Art Gallery of Regina, Neil Ashwell Civic Arts Centre, 2420 Elphinstone St.

Joe Fehrdt: Miss Anna
With a determination to pay homage to fellow artists, Fehrdt has taken on the challenge of 16 iconic artists. Until April 25. State Fine Art Gallery, 2008 Halifax St.

Landscapes and Sky: Contemporary Canadian Fine Art
The Artists of South Michuan Fine Arts
Until April 30. Radnor Centre Crossing, 1021 Alberta St.

Neil Reid: Ground
#23, 1854 Scotch St.
Open Tuesdays Saturday, 10 a.m.-5 p.m.

Noonewee Gallery
2046 Albert St.
Open Tuesday to Saturday, 10 a.m.-5 p.m.

Odellie Gift and Fine Arts
Oil and ink paintings by Chinese artists Lingtao Jiang and Huaili Tan.
2382 Smith St. Open Monday to Saturday, 10 a.m.-5 p.m.

COMEDY

Best Of The 2013 Winnipeg Comedy Festival
Featuring Steve Patterson, Isaac Liguori, Mike Macdonald and Al Tate.
April 4, 8 p.m.
Cassidy Regine Show Lounge
1880 Saskatchewan Drive

EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com

The Laugh Shop

Live standup every Saturday night, 9:30 p.m.
Comedy Hotel, 816 Victoria Ave.

You Look Like You Need A Drink Comedy Show

Featuring Suzanne Huggins, Kevin Kuntz, Henry Bess, Adam Poling, Mary Gurn and Joel Scumens
April 6, 8:30 p.m.
Mac Lodge, 1832 South St.

PERFORMANCE

Peter Dink

Do It With Class Young Peoples Theatre
April 1, Lakeside Arts Centre, 200 Lakeshore Dr.

The Good That Came
A wine-stained neck & full cabaret celebrating the poet of wine and ecstasy, starring Hawkeye Morlan. Part play, part concert, all because this solo performance fuses the creative rivalry of a rock concert with the intimacy of theatrical storytelling. Hawkeye plays all the characters and all the instruments—April 1-4, 8 p.m.
The Arden, 3627 12th Ave.

Shane Koyen

Offence Is A Gentl Know All The Words To
April 6, University Theatre, U of W/Edible Centre

DANCING

Salsa dancing

April 1, 8-11 p.m.
Cathedral Village Fairhouse, 2062 Albert St.

Friday Night Dancing

Hosted by Adult Social Dance Centre. \$5 per couple includes tea and coffee.
Every Friday, 8-10 p.m.
St. Mary's Anglican Church, 3337 15th Ave.

Retro Dance Party

Every Sunday



No time, four chances to experience Hawkeye Morlan's cabaret 'The Good That Came at the Arden' this week.

McNally's, 2236 Glenview Ave.

SPORTS

Rock's Bloody Beats II

Homecoming
High Impact Wrestling
April 3, 8 p.m.
The Exchange, 3431 9th Ave.

FOR FAMILIES

Stairs and Strollers

Wednesdays, 1 p.m.
Cineplex Odeon Southland Mall, 3625 Gordon Rd.

Drop in crafts and gym

Free event for youth aged 5-16
Thursday, 4-6 p.m.
Eastview Community Centre, 615 9th Ave.

Strike a Difference

Combat bullying through

Island's Speed kindness with a creek
Wednesday, 5-7 p.m.
Sweet Ambrose Bookshelves, 230 Winkler St. N.

Proton Dance

Starts Reggae presentation
April 2, 7 p.m. Co-Operators Centre, 4505 Place

Drop in Indoor Playground

Friday 9-11:45 a.m.
South Lakeside Centre, 170 Sunset Dr.

Build and Grow Clinics

Build a special feature project.
For children aged 5 and up.
Saturdays, 10 a.m.
Lewes, 4205 Gordon Rd.

Mom and Tot Eared Meetings

Hosted by Kate Murray, 394-

28-208
Friday, 10-11:30 a.m. Early Learning Family Centre, Scott Collegiate, 3350 7th Ave.

Michael's Kids Club

Sundays, 10 a.m.-noon
2028 Drive of Wain Dr.

FAMILY FAVOURITES FILMS

Enjoy a favourite film for just \$2.99
Saturdays, 11 a.m. Galaxy Cinema, 430 McCarthy Blvd. N.

Family activities

Saturday and Sunday, 2 p.m.
Saskatchewan Science Centre, 2903 Powerhouse Dr.

Master Egg Hunt

For children Grades 2-5
April 5, after the 10:30 a.m. church service. Please bring your own basket to collect the

eggs. Contact 396-5433-8333 for more details.
Avenhurst Pentecostal Assembly, 3202 Anahurst Dr.

Family Studio Sundays

Sunday, 2-4 p.m.
Maestros Art Gallery, 3475 Albert St.

Parent and Preschooler

Jungle Gym
Monday, 9:30-11 a.m.
Al Ritchie Family Wellness Centre, 445 14th Ave.

Science Time for Kids

Interactive workshop aimed at early learners
Tuesdays, 9:30-10 a.m.
Saskatchewan Science Centre, 2903 Powerhouse Dr.

Drop in crafts and gym

Free event for youth aged 5-

10. Tuesday, 4-5 p.m.
Eastview Community Centre, 615 9th Ave.

MUSEUMS

Alan Young Behind Museum

1900 Fourth Ave.
Hours by appointment only
(306-323-3000).

Orlov Museum of Regins

1375 Broad St.
Tuesday-Friday 10 a.m.-4 p.m.
Saturday noon-4 p.m. Closed
Sunday and Monday

Government House Museum & Heritage Property

4607 Glenview Ave.
Tuesday to Sunday, 9 a.m.-4 p.m.

RCMP Heritage Centre

1907 Glenview Ave.
Open 11 a.m.-5 p.m. daily

Regina Firefighters Museum

1209 Ross Ave.
Hours by appointment (306-773-1714)

Regina Film Conservatory

14506 4th Ave.
Open daily 1-4-30 p.m.

Royal Saskatchewan Museum

2643 Albert St.
Open 9:30 a.m.-5 p.m. daily

Saskatchewan Military Museum

1600 Elphinstone St.
Open Monday and Thursday, 7-9 p.m., or by appointment (306-347-9345)

Saskatchewan Science Centre

2903 Powerhouse Dr.
Tuesday-Friday 9 a.m.-5 p.m.
Saturday-Sunday and holidays noon-5 p.m.
Closed Mondays.

Saskatchewan Sports Hall of Fame

2205 Victoria Ave.
Monday-Friday 10 a.m.-5:30 p.m. Closed weekends

EVEN'S

OTHER HAPPENINGS

BCMP Sergeant Major's Parade
Wednesday, 12:45 a.m.
BCMP Depot Division, 5600
12th Ave.

Meet My ALBIES book-launching club meeting
April 3, 8 p.m.
Bushwacker basement club room, 225 S Dowdway Ave.

Flaggers Awards
Tickets: \$125
April 2, 6 p.m. Delta Regatta,
9990 Esakokalehewa Dr.

Gopher Attack! Meet with
April 3, 7 a.m. Wisconsin Park

Regina Farmers' Market (Indoors)
Saturday 9 a.m. - 1 p.m.
2085 Hamilton St.

Investigation: Matthew Rin
Metamorphosis
Serials, Qs, vendors, food,
visual arts and more.
April 5, 7 p.m. - 9 a.m.
The Club at the Exchange,
3431 10th Ave.

Chewy Challenge
Group-in gathering of board
game enthusiasts.
Tuesday, 6 p.m. - midnight
Boston Place, 545 Albert St. N.

FILM

The Theory of Everything
Documentary
On the relationship
between the famous physicist
Stephen Hawking and his wife

Kamilee: The Treasure Hunter
Drama
A Jewish Japanese woman
discovers a hidden legacy of
Fargo on VHS, believing it to
be a treasure map indicating
the location of a large cache of
money

Regina Public Library Theatre



See Gaby Bonnyon's Academy Award-winning performance as Stephen Hawking in *The Theory of Everything* at Regina Public Library Theatre. AD PHOTO

2011 12th Ave., 306-777-6934

Island of Lemnash: Madagascar
Documentary

See scientist Patrick Wright
on his lifelong mission to help
endangered lemurs survive in
this modern world. Narrated
by Morgan Freeman

D-Day 30th Anniversary 1944

Documentary
On June 6, 1944, the largest
Allied operation of the Second
World War began in Normandy,
France. This film provides
a new, penetrating look at this
turning in history, blending
real-life animation, CGI, and
live-action images

Journey to the South Pacific
Documentary

Narrated by Cate Blanchett,
this is a breathtaking ad-
venture to the last tropical
islands of remote Vanuatu
where the French lives alone
and knows the sea. Join Ane,
a young island boy, as he takes
us on a journey of discovery to
this magical place where we
encounter white sharks, sea
turtles, marlin rays, and other
rare creatures of the sea.

Almeria Imax
2003 Powerhouse Dr.
306-523-6529

NEW MOVIES

Fantasia 7

Action
Hao (Jiangtang) is killed in
revenge on the streets on
Tokyo by Deckard Shaw (Jason
Statham), Owen Shaw's (Luke
Evans) older brother. Shaw
turns his sights on Brian (Paul
Walker) and Vin (Denzel)
as they team up for one last
ride. To protect these they
will fight against a man bent
on vengeance. It will be a fast
and furious ride to the end

Galka Cinema
420 McCreedy Blvd N
306-523-0606

Chaplin's Delivered David/Nail
3029 Gordon Rd., 306-585-3383

Ambrose Cinema:
Saskatoon Mile Shopping Centre
3805 Albert St., 306-389-5750

*Event Delivered after an extremely
early screening of the film. It was
cancelled for a number of reasons
and the movie has been delayed for
several weeks before your event.*

ASK ELLIE

Adults may become lost, but there's hope for a baby

Q. I divorced years ago when my son and daughter were toddlers. My ex was an abuser, frequently unfaithful, and gave me an STD.

Initially he wouldn't see the children and refused to pay child support. The children and I had hardly contacted on and off over the years to share their excitement about their father who refused to attend.

When they were entering their teens, he wanted to see them, which I encouraged. However my daughter then he even planned that my ex's girlfriend was mean to her and that he didn't spend much time with her.

My son, now 18, didn't have these same issues and is remarkably well adjusted. When my daughter was 12, I discovered that she was communicating inappropriately online with a 20-year-old male ("X"). I contacted the police who contacted his computer.

My relationship with my daughter became very strained. She was angry several times. She spoke and behaved outrageously to worry me. I asked my ex to talk to her.

I later learned that he'd told both children lies about our breakup such as that I'd abandoned him on 9/11, and had a late-night affair.

At 18, my daughter began dating "X", then 20, with whom she'd communicated at 13. Once she moved in with him, she wouldn't receive my calls or agree to see me for an hour. I would see the child on the phone. He'd been her.

I drove her to the hospital and contacted the police. He was charged and served three months in jail with a term of probation.

My daughter then had several physically abusive boyfriends. I arranged counselling for her, but each time she didn't show up.

She's now 21, moved back to my place at Christmas, but barely stayed home. She did nothing I'd not see required - working part time, paying \$600 monthly rent, and wanting to get her high school diploma (she dropped out in Grade 9).

When I mentioned that she'd have to move out, she came home with "X", saying she was pregnant. (It had another child with another class a year ago, whom he didn't see nor support.)

The next day she posted on my Facebook wall that I was a terrible mother who'd kicked her out because she was pregnant and that I'd never see the child.

I want to be a part of my grandchildren's life but I don't believe I can ever accept this man.

Ask Ellie



who has no job but supports a prescription drug habit.

I feel that my daughter will use the child to manipulate me to get what she wants. I feel she needs to do this on her own and that she'll never learn as long as I'm around to make things worse.

She's since moved out of town and refused to let me know where. I had a heart attack five years ago and am supposed to avoid stress.

Feeling Guilty, Sad, and Worried
A. Protect your own health and well-being. Your daughter is just anyone seeing her but herself, and that's not a certain factbook.

But you may have to seek custody of your grandchild one day. Stop reaching out, saying the door's open to hearing from your daughter, and show it instead in the help.

You may have to "trust" her some money to help help herself.

When you're "needed" again, assess the situation regarding the child's welfare and trust to children's services authorities if you feel the child is at risk.

Q. My husband and I had considered to try to end the ridiculous and fighting between us. The counselor said what each of us needed to do.

I tried very hard - I cut my expenses and I listened more to what he was feeling. But he's made no changes at all and still blames me for any problems we have.

What happens after counseling if he thinks there's nothing he has to do to keep us together? We have three children.

No Change
A. Think through what you believe you can handle, as well, at things remain as is. Then get back to the counselor on your own.

Your husband's sending you the message that the most money is yours.

The counselor will help you to follow through as your own conclusion. Either accept the man as he is, or know that the effort you made isn't enough to sustain the marriage if he does nothing different.

OUTSIDE THE LINES

Colouring contest

Each week, artist Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and e-mail to leaderpost.com. One winner will be chosen each week.

Please send **high-resolution** pictures and include the child's name and contact information.



Last week's QC coloring contest winner was **Mackenzie Deyka**. Congratulations! Thanks to all for your colourful submissions. Try again this week!



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FOOD

RECIPES

Ten fresh ways to use maple syrup

By Allison Ladman

Pancakes, waffles and French toast? They're fine, but they're also just the start.

Because if you're limiting maple syrup to the breakfast table, you're missing out on all sorts of reasons to add its gentle, yet distinct flavour to all manner of foods, from roasted vegetables and chicken wings to pasta sauce and ice cream sundaes. Heck, we even think it belongs at the bar (check out our maple martini idea below).

It's worth noting that the system for grading maple syrup — a classification that rates syrups on colour and strength of flavour — recently was updated to make the U.S. and Canadian systems consistent. The new system uses "Fancy" and "Grade A" to indicate syrups with lighter flavours and colour, while "Grade B" was darker and more robust.

Under the new system, everything is Grade A, but descriptions have been added. The lightest syrup is now "Grade A Golden Color with Delicate Taste" and the darkest is "Grade A Very Dark with Strong Taste."

When shopping for syrup, let your preferences guide you. Many people prefer a lighter syrup on pancakes and waffles, but they generally gravitate toward a darker, more robust maple syrup when cooking with it or using it with savory foods.

■ **Syrup sundae:** Top vanilla ice cream with a drizzle of maple syrup, crushed chocolate cookies and gold almonds.

■ **Maple balsamic vinaigrette:** Whisk together 1 teaspoon liquid mustard, 2 tablespoons white balsamic vinegar, 3 tablespoons red wine vinegar, 3 tablespoons maple syrup and a hefty pinch each of salt and black pepper. Toss with your favourite greens.

■ **Maple martini:** Muddle a quarter of an orange and a quarter of a lime with 1 tablespoon maple syrup in a cocktail shaker. Add 1 ounce of apple cider, 1/2 ounce orange liqueur and 1



Maple roasts wings. AP Photo

1/2 ounce vodka. Shake vigorously with several ice cubes. Strain into a cocktail glass.

■ **Maple garlic cream:** Sauté 1 clove of thinly sliced garlic in 1 tablespoon olive oil until tender. Add 1 cup of heavy cream and bring to a simmer. Beat in the cream until thickened and reduced by half. Stir in 1/4 cup maple syrup and season with salt and black pepper. Serve over a pork chop or chicken.

■ **Maple brown butter pan roasted penne:** Melt 2 tablespoons butter in a skillet. Cook until fragrant and browned. Add 2 pounds penne,

cut into bite-size pieces. Season with salt and a pinch of red pepper flakes. Cook over medium heat, stirring frequently until just tender, about 10 minutes. Add 3 tablespoons of maple syrup and continue to cook until tender and caramelized, another 4 to 5 minutes.

■ **Maple blueberry milkshake:** In a blender, combine 1/4 pint vanilla ice cream, 1/4 cup maple syrup, 1/2 teaspoon maple extract, 2/3 cup frozen wild blueberries and 3/2 cup milk. Blend until smooth.

■ **Maple eggplant aglio olio:** Sauté a large thinly sliced onion and



Maple syrup can be used for a lot more than pancakes and waffles.

1 tablespoon minced garlic in 2 tablespoons olive oil. Add a large dried eggplant and a pinch of salt and cook for 6 minutes. Add 1/2 cup red wine vinegar, 1/2 cup maple syrup, 3 tablespoons dried tomatoes, 2 tablespoons capers and 1/2 cup halved green olives. Cook for 5 minutes, then serve over pasta.

■ **Maple-rosemary penne:** In a small saucepan, combine 1/2 cup maple syrup with 3 tablespoons minced fresh rosemary. Bring to a simmer and cook for 5 minutes. Add 2 cups penne and cook for another 10 minutes, stirring frequently. Spread on a baking sheet lined with kitchen parchment, tossed with cooking spray, sprinkle with salt, then bake

for 7 to 10 minutes at 350 F.

■ **Maple roasts wings:** Mix together 1 tablespoon baking powder, 3/4 cup maple syrup and 1/4 cup yellow mustard in a gallon zip-close bag. Add 2 pounds chicken wings and let marinate for 6 to 12 hours. Drain the wings and place on a foil-lined baking sheet. Bake at 425 F until crispy and cooked through, 35 to 38 minutes, turning once or twice.

■ **Maple nutt' shortbread:** Gently mix 4 cups mixed berries with 1/2 cup maple syrup and 2 tablespoons chopped fresh mint. Allow to marinate for 1 hour. Spoon over shortbread or angel food cake and top with whipped cream.

BY ALLISON LADMAN

WINE WORLD

SASKATCHEWAN WINE SCENE

Go into the light with this New Zealand pinot noir

By James Romanow

Once upon a time, one of life's great pleasures was just now. Then a bunch of fume-crazed Californians decided they wanted the "rite" to taste like Merlot, and have the vicinity of 100,000.

At its finest, pinot noir makes an elegant wine you can drink with everything from roast steaks to pasta. Freshness isn't its quality and the set of flavors subtle. Best wine to tie to the California inspiration was for them: perry. Appleby is in the incredible light.

Assuming you're with one on preferring the lighter, more elegant wines you are probably also with one on regarding the current price of Burgundy. The Alpha pinot noir. However there are alternatives from elsewhere in the world and in particular there are some great ones in the afternoon New Zealand.

When most by Otago area pinot noir, but it isn't a whole lot cheaper than Burgundy. Most recently the Marlborough pinot noir, from a bit farther north, is getting traction. A great place to start if you're interested in exploring Kent wines is Villa Maria.

They're a fair sized winery, a family affair and one of the oldest in New Zealand. They also have a deeper history than most Canadian wineries, manufacturing them with their always reliable vintage blends.



The Private Bin version is a classic pinot noir, exactly what you would expect. The best part is slightly leathery with a bit of structure. The palate is really balanced from its back, with little apparent sugar on entry, a beautiful red palate and a long, lingering finish. And if on your bench you see a bottle of their Reserve or Single Vineyard, jump on it.

Villa Maria Private Bin Pinot Noir, 2010, \$24.99.

Get to Italy in Mayday's LeaderPost. The rest of the world on Twitter @lbrooke.

Crossword/Sudoku answers

ROLLED	OR	AMEBAE
ONEEARED	BONERS	
CANLOSE	ENVIES	
WISD	YONNE	
LANSINOMI	CHIOAN	
ADAPT	NORLS	
IDEATE	ICU	DISK
LINGOLIN	ERRASKA	
ANDY	SUE	TOP
NOIR	NEW YORK	
STPAULINE	ESSOYA	
CHARY	LOVA	
REGIME	WALSTAD	
AMAZES	BAVERAGE	
MENAGE	PENALTY	

2	3	4	9	5	6	8	7	1
1	6	5	7	4	8	9	3	2
8	9	7	3	1	2	4	5	6
3	2	9	1	6	4	5	8	7
5	4	8	2	7	9	1	6	3
7	1	6	8	3	5	2	4	9
6	5	2	4	9	7	3	1	8
4	8	3	6	2	1	7	9	5
9	7	1	5	8	3	6	2	4

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Bradhoff

This Light-to-Medium Sleep Set has Pillow-It!, Visco Memory Foam and continuous coil innerspring.

Twin-Size \$319 ⁹⁹ <small>set</small>	Double-Size \$369 ⁹⁹ <small>set</small>	Queen-Size \$399 ⁹⁹ <small>set</small>	King-Size \$624 ⁹⁷ <small>set</small>
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Carlston

This Eurotop® Mattress Sleep Set has Pillow-It!, 1" Serta® Pillow Soft® Foam 3" Serta® Firm Support Foam and continuous coil innerspring.

Twin-Size \$399 ⁹⁹ <small>set</small>	Double-Size \$449 ⁹⁹ <small>set</small>	Queen-Size \$479 ⁹⁹ <small>set</small>	King-Size \$704 ⁹⁷ <small>set</small>
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Dalveen

This Eurotop® Mattress Sleep Set has Pillow-It!, 3" Serta® Firm Support Foam individually wrapped pocket coils and foam encasement which minimizes roll off and makes this mattress compatible with adjustable foundations.

Twin-Size \$419 ⁹⁹ <small>set</small>	Double-Size \$469 ⁹⁹ <small>set</small>	Queen-Size \$499 ⁹⁹ <small>set</small>	King-Size \$724 ⁹⁷ <small>set</small>
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Wilrose

This super pillow top Mattress Sleep Set provides pressure-relieving comfort, a balanced sleeping temperature (the liquid gel memory foam helps pull heat away from the body), individually wrapped pocket coils, proper back support, and total edge foam encasement to minimize roll-off and make this mattress compatible with adjustable foundations.

Twin-Size \$519 ⁹⁹ <small>set</small>	Double-Size \$569 ⁹⁹ <small>set</small>	Queen-Size \$599 ⁹⁹ <small>set</small>	King-Size \$824 ⁹⁷ <small>set</small>
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